



## ELC Sample Menu

Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Pear Cup Yogurt Whole Milk	Orange Juice Cereal Whole Milk	Mixed Berry Applesauce Breakfast uncrustable Whole Milk	Apple Juice Kolache Whole Milk	Apple Slices French Toast Whole Milk
Lunch				
Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sandwich Curly Fries Strawberry-banana applesauce Whole Milk (1/2 cup) Ranch, Ketchup	Chicken Nuggets Mashed Potatoes Peach Cup Whole Milk (1/2 cup) Ketchup	Cheese Pizza Marinara Cup Bananas Whole Milk (1/2 cup) Ranch	Grilled Cheese Fresh Broccoli Oranges Whole Milk (1/2 cup)	Cheese Quesadillas Refried Beans Mandarin oranges Whole Milk (1/2 cup) Ranch, Ketchup
Snack				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Whole milk	Fruit Goldfish	Cracker Orange juice	Fruit Goldfish	Yogurt Apple juice